

**2011 Military Health System Conference**  
***The Quadruple Aim: Working Together, Achieving Success***

**Welcome**  
**to**  
**Building (*and Re-building*)**  
**Psychological Health**



***Champions: BG Rhonda Cornum, BG Peggy Wilmoth, and  
Mr. Larry Sipos***

***Action Officers: Col Nancy Dezell and Lt Col Hans Ritschard***



## ***Awesome presentations this week!***

### ***Key themes:***

**Monday  
24 Jan**

- **Building Psychological Health: The Services' Perspectives on Resilience**

- **Palm Trees in the Storm: Building Resilience - Leadership Success (OSCAR)**

- **Understanding Well-being: Lessons for Leadership**

**Tuesday  
25 Jan**

- **Keeping Tabs - DoD's Response to Psychological Risks: Lessons Learned from Health Assessments**

- **Putting it All Together: The DoD/VA Integrated Mental Health Strategy**

- **Coming Soon to an MTF Near You: Psychological Health**

**Wednesday  
26 Jan**

- **DoD's Response When Psychological Health is Failing: Lessons Learned from Suicide Experiences**

- **Successful Treatments: Complementary and Alternative Therapies for PTSD**

- **A Systems View of MHS Mental Health Services**

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January 24 – 27, 2011

Gaylord National Resort & Convention Center  
National Harbor, MD

Yesterday

Monday  
24 Jan

- **Building Psychological Health: *The Services' Perspectives on Resilience***
- **Palm Trees in the Storm: *Building Resilience - Leadership Success (OSCAR)***
- **Understanding Well-being: *Lessons for Leadership***

- **Building Psychological Health** – Army, Navy, & Air Force perspectives on building and supporting resilience: learning from each other, supporting each other.
- **Building Resilience / Leadership Success** – Senior 'LINE' leader insight on resilience assessment and support in an Operational Environment. U.S. Marine Corps success with their imbedded Operational Stress Control and Readiness Program (OSCAR)
- **The Science of Well-being . . .It's not quite what you think!**  
*Explore the definition and multiple factors influencing well-being and how best to support it through your personal leadership*

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**TODAY**

**Tuesday  
25 Jan**

- **Keeping Tabs - DoD's Response to Psychological Risks: Lessons Learned from Health Assessments**

- **Putting it All Together: The DoD/VA Integrated Mental Health Strategy**

- **Coming Soon to an MTF Near You: Psychological Health Policy Initiatives**

- **Keeping Tabs** - Lessons learned from health assessment data collected to date; how to best address family readiness; how the new DoD mental health assessments will be incorporated into the deployment health assessment program; *The Way Ahead!*
- **Integrated Mental Health Strategy** - DoD and VA collaboration on 28 strategic actions in four strategic areas, and what it means to you
- **How New DoD Psychological Health Policy Initiatives Will Affect You** - Disaster Response Mental Health Teams: A new requirement at DoD installations; DoD, Service, and installation-level directors of psychological health policy.

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**TOMORROW  
W**

**Wednesday  
26 Jan**

- **DoD's Response When Psychological Health is Failing:** *Lessons Learned from Suicide Experiences*
- **Successful Treatments:** *Complementary and Alternative Therapies for PTSD*
- **A Systems View of MHS Mental Health Services**

- **Lessons Learned:** *Overviews of recent reports from the Defense Health Board and the Department of the Army, as well as a survivor's and clinician's perspective on how suicide prevention efforts can be enhanced within DoD.*
- **Successful Treatments:** *Overview of current evidence-based treatments for mental health conditions; review of approved complementary and alternative medicine approaches to treating PTSD and depression.*
- *The mental health of service members and their families significantly impact force readiness and individual well-being and functionality; the MHS has made significant investments in improving the efficiency and effectiveness in the research associated with, and the provision of, mental health services.*
- **A System's View:** *This holistic approach research addresses the challenge of understanding the total system of care for providing psychological health*





## Strategic Alignment with the Quadruple Aim Building and Rebuilding Psychological Health

### Readiness

Ensure the total military force is medically (and psychologically) ready to deploy, and the medical force is ready to deliver health care anytime, anywhere in support of the full range of military operations, including humanitarian missions



### Population Health

Reduce the generators of ill health by encouraging healthy behaviors and decreasing the likelihood of illness through focused prevention and increased resilience.

### Experience of Care

Provide seamless and integrated patient- and family-centered care that is convenient, compassionate, equitable, safe, and always of the highest quality.

### Per Capita Cost

Create value by focusing on quality, eliminating waste, and reducing unwarranted variation; Reward outcomes, not outputs by considering the total cost of care over time, rather than individual health care activities.

***Quadruple Aim Impacts EVERYTHING We Do!***

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**LISTEN...LEARN...and SHARE**

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